

Body & Soul

In his latest project, MARK RAYNER performs a spot of body building.

You will need:

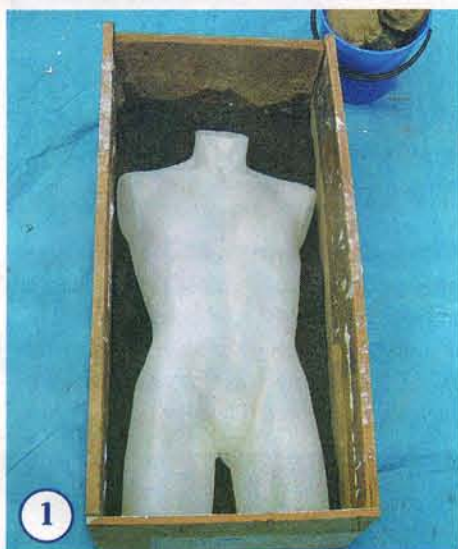
- Plastic mannequin torso
- Ready-mix concrete
- Cement (builder's plaster mix)
- Casting plaster (available from building suppliers)
- Modelling clay
- Petroleum jelly
- Sand
- Plywood for box frame
- Bungee ties

- Exterior primer/undercoat
- Resene Enamacryl Metallic Paint (we've used Scotty Silver for the skin, Lucifer for the swimming trunks and Time Warp for the shadows)
- Resene Lumbersider (we've used Heather for the base coat of Scotty Silver, Regent Grey for the base coat of Lucifer and Astronaut for the base coat for Time Warp.
- Resene Multishield Gloss

To get the look

MARK used a plastic torso available from Purfex (09 828 5206), modelling clay from CCG (09 475 5224) and all paint products from Resene (0800 RESENE).

NOTE: As the finished piece is very heavy, it's best cast in situ. For additional stability, ensure the torso is firmly anchored in a layer of cement.

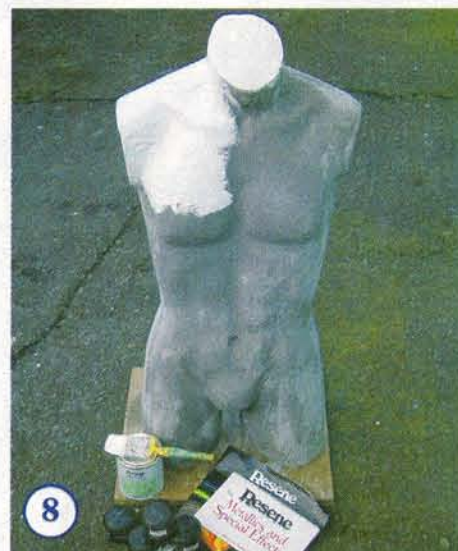
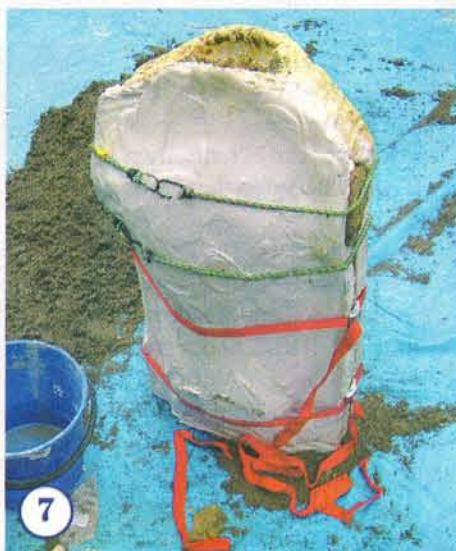


1 CONSTRUCT a box frame large enough to contain the torso and place it face up on a layer of sand. Pack sand around the torso to a level halfway up each side.

2 TO make a mould of the front of the torso, build up a layer of clay around the body (to the "side seam"), ensuring it's pressed well against the frame.

3 COVER the mannequin, clay and plywood with a generous layer of petroleum jelly and build up several layers of casting plaster to a thickness of 40mm.

4 ONCE the plaster is dry, remove the frame and clay, turn the mannequin and mould over and repeat the process to cast the mould for the back.



5 CAREFULLY remove each half of the plaster mould from the mannequin and fill any air bubbles or imperfections with plaster.

6 REAPPLY petroleum jelly to each half of the mould, then cover with a 10mm layer of cement (builder's plaster). Allow to dry overnight.

7 SECURE the mould with ties, plug the arm holes with clay, then fill with concrete. Once dry, use warm, soapy water to remove the mould. Sand or fill any imperfections with cement.

8 ALLOW to dry for at least seven days. Prime, then paint according to manufacturer's recommendations, and finish off with a coat of multi-shield gloss.